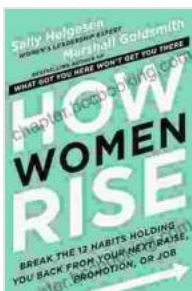


Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job

By [Author's Name]

Are you ready to take your career to the next level? If so, then it's time to break the 12 habits that are holding you back from your next raise, promotion, or job.

These habits are common among people who are stuck in their careers. They may be working hard, but they're not getting the results they want. If you're one of these people, then don't worry. You're not alone. And there is hope.



How Women Rise: Break the 12 Habits Holding You Back from Your Next Raise, Promotion, or Job

by Sally Helgesen

★★★★☆ 4.7 out of 5

Language : English
File size : 1375 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 257 pages
Screen Reader : Supported



In this book, I'll show you how to break the 12 habits that are holding you back. I'll also provide you with tips and strategies for developing the skills

and behaviors that you need to succeed.

The 12 Habits Holding You Back

1. Not setting goals

If you don't know what you want to achieve, then you're not going to be able to get there. Setting goals is the first step to success. Once you know what you want, you can start to develop a plan to achieve it.

2. Not taking risks

If you're not willing to take risks, then you're not going to be able to grow your career. Taking risks is essential for success. It's how you learn new things and develop new skills.

3. Not networking

Networking is essential for career success. It's how you meet new people and learn about new opportunities. If you're not networking, then you're missing out on valuable opportunities to advance your career.

4. Not developing your skills

If you're not developing your skills, then you're not going to be able to keep up with the changing demands of the job market. Developing your skills is essential for career success. It's how you stay ahead of the competition and make yourself more valuable to your employer.

5. Not being assertive

If you're not assertive, then you're not going to be able to get what you want out of your career. Being assertive means being able to express your opinions and needs clearly and confidently. It's also about being able to stand up for yourself when necessary.

6. Not being organized

If you're not organized, then you're going to waste a lot of time and energy. Being organized means being able to manage your time and resources effectively. It also means being able to find what you need when you need it.

7. Not being positive

If you're not positive, then you're going to be less likely to succeed in your career. A positive attitude can help you overcome challenges and stay motivated. It can also make you more attractive to potential employers.

8. Not being persistent

If you're not persistent, then you're going to give up too easily. Persistence is essential for success. It's how you overcome obstacles and achieve your goals.

9. Not being adaptable

If you're not adaptable, then you're going to struggle to keep up with the changing demands of the job market. Adaptability is the ability to

change and grow. It's how you stay relevant and valuable in the face of change.

10. **Not being accountable**

If you're not accountable, then you're not going to be able to take ownership of your career. Accountability is the ability to take responsibility for your actions and results. It's also about being willing to learn from your mistakes.

11. **Not being passionate**

If you're not passionate about your career, then you're not going to be able to achieve your full potential. Passion is what drives you to succeed. It's what keeps you going when things get tough.

12. **Not being authentic**

If you're not authentic, then you're not going to be able to build genuine relationships with your colleagues and clients. Authenticity is about being yourself. It's about being honest and transparent.

How to Break the 12 Habits

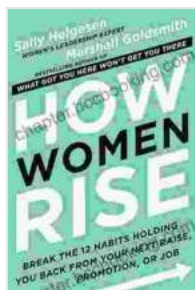
Now that you know the 12 habits that are holding you back, it's time to start breaking them. Here are a few tips to help you get started:

- **Set SMART goals.** Your goals should be specific, measurable, achievable, relevant, and time-bound.

- **Take calculated risks.** Don't be afraid to step outside of your comfort zone. But before you take a risk, make sure you've thought it through and you're prepared for the consequences.
- **Network regularly.** Attend industry events, join professional organizations, and connect with people on LinkedIn.
- **Develop your skills continuously.** Take courses, read books, and attend workshops to develop your skills and knowledge.
- **Be assertive.** Learn to express your opinions and needs clearly and confidently. Stand up for yourself when necessary.
- **Get organized.** Create a system for managing your time and resources effectively. This will help you stay on top of your work and reduce stress.
- **Stay positive.** Focus on the positive aspects of your career and your life. Surround yourself with positive people who will support you and encourage you.
- **Be persistent.** Don't give up easily. When you face challenges, keep going. Remember, success is not a sprint, it's a marathon.
- **Be adaptable.** Be willing to change and grow. Embrace new challenges and opportunities.
- **Be accountable.** Take ownership of your career and your results. Learn from your mistakes and make adjustments as needed.
- **Be passionate.** Find a career that you're passionate about. This will make it easier to stay motivated and achieve your goals.
- **Be authentic.** Be yourself. Don't try to be someone you're not.

Breaking the 12 habits that are holding you back from your next raise, promotion, or job is not easy. But it is possible. If you're willing to put in the effort, you can achieve your career goals and live a more fulfilling life.

So what are you waiting for? Start breaking the habits that are holding you back today.



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